

## SPRING 2019

**So what does spring mean to you? For some it signifies transformation, renewed energy, or a new start. For others it might look like opening the windows while doing a “spring” clean, or getting outside in the warmer weather and longer days.**

**Whatever it means to you here’s hoping you will be refreshed by the changing of the seasons.**

**In this Spring edition of the FaPMI newsletter we hear from Lizzy Rust about**

**her son’s experiences at the Martial Arts as Therapy Program, and introduce Chiara Mafri, Specialist Family Violence Advisor at the Eastern Health Mental Health program. Laura Petteuzzo writes a book review of “The Science of Breakable Things” by Tae Keller.**

**As well there are activities to do at home with the kids and also school holiday ideas to inspire including a one bowl banana loaf and how to make your own succulent garden.**

Taken from Ellaslist



## PROGRAMS

Eastern Health will not be running programs this term however INSPIRO is running a Space4Us group and there a number of school holiday activities in other regions. We will run a CHAMPS school holiday program in January and the MAT group will start up again in Term 1. See pages 6 – 8 for details.

### SAVE THE DATE:

FaPMI Family Fun Day  
Sunday November 24th, 2019

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# School Holiday Activities

## IDEAS FOR THE WINTER SCHOOL HOLIDAYS



Budding 'tween' directors can bring their aspirations to life by creating their very own road safety advertisements using state-of-the-art technology. During the half-hour hands-on workshops, young road users design TV advertisements about the importance of wearing helmets and protective gear while riding bikes, scooters and skateboards. Participants use Road to Zero's high-tech touch screens to collate footage, then apply music and special effects as well as a catchy road safety slogan. The finished masterpieces are sent to participants' email addresses. The workshops are suitable for 8-13 year olds accompanied by an adult. Make a booking (for up to 4 people) for this free school holiday program. Limited spaces will also be available to drop in.

23 September-4 October  
Melbourne Museum

<https://museumsvictoria.com.au/melbournemuseum/whats-on/school-holiday-activities/>



### Map Your Body & Make Your Mark

Reflect on your identity with drop-in school holidays activities developed by local artists Stanislava Pinchuk (aka Miso) and Paul Stillen.

Miso's minimalist home-made tattoos for friends and friends of friends are exchanged for goods or favour, never money, and map journeys travelled, back onto the body.

Be inspired to create a composition that reflects your unique identity.

Immigration Museum  
September 23 to October 6th

<https://museumsvictoria.com.au/immigrationmuseum/whats-on/school-holiday-activities/>



Roll up, roll up! Join Ready Set Play Kids and learn some fun circus skills to impress your friends. 6+

October 4, 2019  
Fri: 10.30am - 11.30am

Kathleen Syme Library and Community Centre  
251 Faraday Street  
Carlton VIC 3053

## CHECK OUT WHAT'S ON IN MELBOURNE

[https://whatson.melbourne.vic.gov.au/Whatson/school\\_holidays/Pages/default.aspx](https://whatson.melbourne.vic.gov.au/Whatson/school_holidays/Pages/default.aspx)

A FREE three-day music, art and song writing, program where young people 11-14yrs who have a parent/carer with mental health challenges explore their creativity in a supported environment. Yummy food provided!

**WHERE:**  
Siteworks (33 Saxton St Brunswick)

**WHEN:** October 1-3, 10am-4pm

For more information contact:  
[sylvie@satellitefoundation.org.au](mailto:sylvie@satellitefoundation.org.au)  
0428 969 744



# Personal Story



My 9 year old son was recently invited to join FaPMI MAT (Martial Arts as Therapy) program. Despite being filled with nervousness and apprehension we went to the first session. Everyone was welcoming and I could tell that the other parents and children felt as nervous as we were to be trying something new.



I was intrigued watching the children learn new games and marital arts techniques and philosophy. The instructor made it all look easy and it was great fun!

As the weeks progressed my son's confidence and empowerment grew. I, too, changed and felt more comfortable talking with

other parents.

The highlight of the program was watching the children break tiles in Week 8. Their skill and faces were incredible!

I would recommend this amazing program to anyone. Thank you FaPMI

**Lizzy Rust 20.06.2019**

## Make an eggshell succulent garden

### What you need

Egg shells

Egg carton

Succulent cuttings

Soil or potting mix



From Kidspot.com.au

### Activity

**Step 1.** Gather your supplies.

**Step 2.** Give your eggshells a quick clean, let them dry and pop them into the egg carton so your egg shells remain upright. If you don't have an egg carton on hand, an egg cup or cardboard tube cut to size would also do the job.

**Step 3.** Fill your egg shells with soil until they're about 3/4 full.

**Step 4.** Insert your succulent cuttings into the soil. Succulents are one of those amazing plants where the roots just grow when a cutting is placed into soil.

**Step 5.** Gently give your new creations a light spray of water using a spray bottle. You will only need to spray your succulents every now and then as they do not like being too wet.

# Book Review

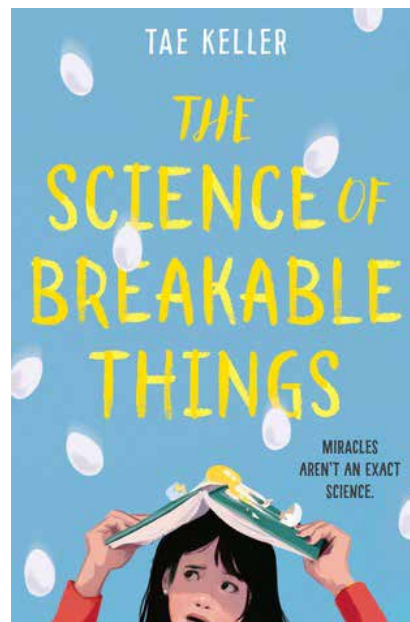
## The Science of Breakable Things

**Author:** Tae Keller  
**Genre:** Middle Grade (8-12)  
**Review by** Laura Pettenuzzo

**The Science of Breakable Things** is a book written for a middle grade audience (children roughly 8-13 years old) but its sensitive look at a young girl whose mother is in the midst of depression can be enjoyed by adults too. Natalie, the main character, is very mature for her age, but even so, she desperately believes that taking her mother to see a certain remarkable flower is the thing that will make her happy again. Natalie has supportive friends who cheer her up and help her forget (for a little while) what's happening at home. She has a loving father, too, who does his best to talk to her about what's going on. Her father is a therapist, and he often reassures Natalie that it is not her fault that her mother is so sad. While Natalie appreciates her father's efforts, her mother is the one she really needs to talk to (and eventually

does.) Illustrating the power of community is one of the things this book does best.

The main plot is Natalie's desire to win a science competition so she can afford to take her mother to see the miraculous Cobalt Blue Orchid. Each section of the book features Natalie in science class learning about the different stages of an experiment and planning her entry to the competition. This book has footnotes on almost every page which provide the reader additional information about Natalie's experience and understanding of her mother's situation. They worked really well, along with the illustrations, to break up the story and enhance the way it was structured as a scientific experiment, with each section named after the stages of an experiment, from conceiving the idea to observing the



results. In addition, I loved that Natalie was part Korean, and that one of her friends (Dari) was Indian. However, more impressive than the structure and diversity was the ending: one of resilience and hope and the power of family.

**The Science of Breakable Things** is a poignant, enjoyable exploration of a family impacted by mental illness.

## One-bowl banana and walnut loaf

**Serves:** 10  
**Time to make:** 1 hour

### What you need

cooking oil spray

2 cups self-raising flour

1 teaspoon bicarbonate of soda

1 1/2 teaspoons ground cinnamon

2/3 cup caster sugar

3/4 cup walnut halves, chopped

1 cup milk

2 eggs

1 tablespoon extra light olive oil

2 large bananas, mashed

See next page for instructions

# Introducing Chiara Mafri



I'm Chiara Mafri, Capacity Building Program Specialist Family Violence Advisor to the Mental Health Program at Eastern Health (what a mouthful!). I came to Eastern Health from working for Eastern Domestic Family Violence Service (EDVOS) and prior to that I was working in mental health. I have lived my whole life in outer eastern Melbourne and love working in the region. I've grown up in a large Australian-Italian family which means I will just about always bump in to someone that knows my mother. As a result of having such a large

family, there are many events and gatherings where we spend a lot of time (eating) together and I am very grateful of that. Fortunately, I am an extravert that enjoys the company. When I'm not with my family you will find me planning my next feed or adventure with friends.

My role was introduced as a result of the Royal Commission into Family Violence which recognised that the Mental Health Services are in a unique position to identify family violence and intervene at an earlier stage to prevent fatalities. Family violence can impact anyone. My job is to make sure that every person who is registered with Eastern Health Mental Health Program is able to access support for family violence. We are aspiring towards all staff having capacity to screen for, respond to family violence and make referrals to appropriate services. We hope that this will help to work towards ensuring a community where family violence doesn't exist and where everyone is respected and equal.

Many people do not realise they are experiencing family violence. It disguises itself in so many ways; it can be financial, emotional, psychological or physical. I believe that it's important for everyone to be given the opportunity to have support if they experience family violence. Family violence does not discriminate, it happens to all kinds of people; children, adults, aged, people from all religions and cultures, socio economic situations. I think it's important for experiences of family violence to be shared as it is not an issue that should be kept 'behind closed doors'.

If you have recognised that you may be experiencing family violence please contact 1800 RESPECT (1800 737 732) or EDVOS (the Eastern Metropolitan Specialist Family Violence Service) 9259 4200. If in immediate danger, please contact 000 then safe steps (1800 015 188).

## INSTRUCTIONS

**Step 1** Preheat oven to 180°C (160°C fan-forced). Grease an 11 x 21cm loaf pan with cooking oil spray. Line base and long sides with baking paper, allowing it to overhang.

**Step 2** Combine flour, soda, cinnamon, sugar and walnuts in a large bowl. Stir in milk, eggs, oil and bananas until just combined.

**Step 3** Spoon into prepared pan. Smooth surface. Bake for about 50 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 5 minutes. Turn out onto a wire rack to cool.

Recipe supplied by Healthy Food Guide



**NORTHERN CHAMPS 2019  
SCHOOL HOLIDAY  
PEER SUPPORT PROGRAM**

**for children aged 8-12 who have a parent with a mental illness  
Tuesday 1<sup>st</sup> October – Friday 4<sup>th</sup> October, 2019 (4 days)**

**No cost to attend**

Each day will run from 10.00am until 3.30pm at:

Merrilands Community Centre

35 Sturdee St (cnr. Asquith St), Reservoir 3073

Places are limited to a maximum of 12 children. Enrolment is for the full 4 days.

**Call Rebecca Wells on 9416 6300**



**jewellery + badge making**  
**SCHOOL HOLIDAY** archery sports  
**Childrens CAMP**  
open talking games  
campfire ropes course arts and crafts  
mini-golf

**satellite FOUNDATION** **CONNECT & CREATE**  
**GEELONG**

**Make FRIENDS and have FUN!**  
Sept 24/25/26  
9-14yrs (approx)

**FREE**  
For young people who have a parent/carer with a mental illness

**emerging minds**  
Advancing the mental health of  
young children and adolescents

**THE FUNDING NETWORK**  
AUSTRALIA

For more information contact:  
✉ [sylvie@satellitefoundation.org.au](mailto:sylvie@satellitefoundation.org.au)  
[rose@satellitefoundation.org.au](mailto:rose@satellitefoundation.org.au)  
☎ **0425712786**

**Coastal Forest Lodge Camp**  
Forest Rd, Anglesea

*YUMMY FOOD PROVIDED!*

# Space4us



**FREE school holiday program for young people age 13–16 years who have a family member with a mental illness.**

Participants meet with other young people in similar situations to share experiences and learn new ways of looking after themselves:

- Understand mental illness
- Build self care and support strategies
- Deal with stigma
- Improve relationships

**Dates: 30th Sep, 1st, 2nd and 3rd Oct**

**Time: 10.30am - 3.00pm**

**Where: Inspiro Lilydale**

**Food provided**

For more information or to make a referral, please contact our Youth counsellors Hayley, Vanessa or Sabatinie at Inspiro on **9738 8801**.



The Youth Holiday Program offers fun activities and workshops for young people aged 12 to 17 who work, live and study in the Yarra Ranges. Transport options are available for many of the activities.

Be sure to book your place as numbers are limited!

FaPMI

# Family Fun Day

Don't forget your sun protection!

FREE

For families with a parent or carer with a mental illness

SUNDAY  
24 NOV  
12-4pm

SUPER FUN STUFF FOR THE WHOLE FAMILY



at the  
**Greenwood Reserve**  
9 Greenwood Ave  
Ringwood  
RSVP by 13th Nov

BBQ lunch  
Petting zoo  
Snow cones  
Live music  
Mens Shed  
Woodworking

Zorb soccer  
Massage  
Pony rides  
Face Painting  
Craft Activities  
Jumping castle

Children must be accompanied by an adult

Book online at [www.trybooking.com/BERUE](http://www.trybooking.com/BERUE) or call Jill at Anglicare on 9721 3688

For more info call Bronwyn Sanders 0408 291 580



Drug & Alcohol free event

